

Answer Key

What's Your Alcohol IQ? • What To Know •

Directions: Below is the **Answer Key** to the student handout, "What's Your Alcohol IQ?" The answers are in bold type and underlined.

1. Alcohol is a stimulant.

TRUE

FALSE

CEREBRAL CORTEX—Alcohol is a central nervous system depressant. It can appear to be a stimulant because, initially, it depresses the part of the brain that controls inhibitions.

2. Under the influence of alcohol, everything may appear to be fuzzy; drinkers may slur their words and have difficulty hearing, tasting, and smelling.

TRUE

FALSE

CEREBRAL CORTEX—Alcohol slows down the cerebral cortex as it works with information from your senses.

3. Under the influence of alcohol, a drinker's ability to think, speak, and move may slow way down.

TRUE

FALSE

CENTRAL NERVOUS SYSTEM—When you think of something you want your body to do, the central nervous system—the brain and the spinal cord—sends a signal to that part of the body. Alcohol slows down the central nervous system, making you think, speak, and move slower.

4. Under the influence of alcohol, drinkers are usually calm, thoughtful, and easygoing.

TRUE

FALSE

FRONTAL LOBES—When alcohol affects the frontal lobes of the brain, you may find it hard to control your emotions and urges. You may act without thinking or even become violent. Drinking alcohol over a long period of time can damage the frontal lobes forever.

5. Drinking alcohol over a long period of time may damage a person's self-control and ability to plan, think, and make decisions.

TRUE

FALSE

FRONTAL LOBES—The brain's frontal lobes are important for planning, forming ideas, making decisions, and using self-control. Drinking alcohol over a long period of time can damage the frontal lobes forever.

6. Alcohol does not affect memory.

TRUE

FALSE

HIPPOCAMPUS—The hippocampus is the part of the brain where your memories are made.

- When alcohol reaches the hippocampus, you may have trouble remembering something you just learned, such as a name or a phone number. This can happen after just one or two drinks.
- Drinking a lot of alcohol quickly can cause a blackout—not being able to remember entire events, such as what you did last night.
- If alcohol damages the hippocampus, you may find it hard to learn and to hold on to knowledge.

7. Alcohol may make it difficult for drinkers to keep their balance or hold on to things.

TRUE

FALSE

CEREBELLUM—The cerebellum is important for coordination, thinking, and being aware. You may have trouble with these skills when alcohol enters the cerebellum. After drinking alcohol, your hands may be so shaky that you can't touch or grab things normally. You may lose your balance and fall.

8. Under the influence of alcohol, a drinker may be emotional and weepy.

TRUE

FALSE

FRONTAL LOBES—The brain's frontal lobes are important for planning, forming ideas, making decisions, and using self-control. When alcohol affects the frontal lobes of the brain, you may find it hard to control your emotions and urges. You may act without thinking or even become violent. Drinking alcohol over a long period of time can damage the frontal lobes forever.

9. Alcohol will help a person sleep.

TRUE

FALSE

HYPOTHALAMUS—The hypothalamus is a small part of the brain that does an amazing number of your body's housekeeping chores. Alcohol upsets the work of the hypothalamus. After a person drinks alcohol, blood pressure, hunger, thirst, and the urge to urinate increase while body temperature and heart rate decrease.

10. Drinking alcohol will help a person lose weight.

TRUE

FALSE

HYPOTHALAMUS—The hypothalamus is a small part of the brain that does an amazing number of your body's housekeeping chores. Alcohol upsets the work of the hypothalamus. After a person drinks alcohol, blood pressure, hunger, thirst, and the urge to urinate increase while body temperature and heart rate decrease.

11. People attending a winter football game should drink alcohol to keep warm.

TRUE

FALSE

MEDULLA—The medulla controls your body's automatic actions, such as your heartbeat. It also keeps your body at the right temperature. Alcohol actually chills the body. Drinking a lot of alcohol outdoors in cold weather can cause your body temperature to fall below normal. This dangerous condition is called *hypothermia*.

12. The more alcohol people drink, the hungrier and thirstier they will become.

TRUE

FALSE

HYPOTHALAMUS—The hypothalamus is a small part of the brain that does an amazing number of your body's housekeeping chores. Alcohol upsets the work of the hypothalamus. After a person drinks alcohol, blood pressure, hunger, thirst, and the urge to urinate increase while body temperature and heart rate decrease.